March 20, 2020

Residents of Ipswich:

On March 20, 2020, the Town of Ipswich Public Health Department was notified by the MA Department of Public Health (MDPH) that the Ipswich has its *first* **positive case of COVID-19.** The person is in isolation at home, and the Public Health Nurse will be in contact with the person daily until it is determined that the person no longer needs to be isolated. Due to privacy concerns and laws, the town is unable to disseminate information about the individual's identity, location, or the circumstances surrounding their contraction of the virus. The Ipswich Health Department will publicly share the number of presumed positive cases in our community as the Massachusetts Department of Public Health updates information. With increased testing starting to occur, we anticipate that this will not be our last positive case of COVID-19. Rest assured, we are following all of the reporting protocols that are in place at the State level as we continue to work hard to keep our residents safe.

The COVID-19 virus is spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- Practice Social Distancing by staying home as much as you can, do not shake hands or hug, avoid being in groups larger than 10 people, and stay 6 feet away from others at all times.

Residents should continue to follow MDPH and the CDC recommendations and take specific actions to reduce the risk to individuals and families, and if you need to care for someone sick at home, guidance is available at www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions

We ask residents to please obtain information only from responsible sources (MPDH, CDC) and avoid rumors on social media.

- For up-to-date information regarding COVID19, please visit the DPH web site at www.mass.gov/2019coronavirus.
- Additional guidance is available from the CDC at www.cdc.gov/coronavirus/2019-ncov.
- Call 2-1-1 to get the most up to date information on COVID-19

The MDPH <u>Disaster Distress Helpline</u>, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

We appreciate your continued cooperation with us in our COVID-19 response.

Sincerely,

Anthony Marino, Town Manager Colleen E. Fermon, Director of Public Health